

**National Institute of Mental Health  
Constituency Outreach and Education Program  
Mental Health Outreach to African Americans  
Resources**

This list highlights easily accessible resources on the subject of African Americans. While not intended to be all-inclusive, the list suggests a number of Web sites and bibliographic resources that may serve as a starting point for those interested in learning more about the issues involved in providing mental health outreach and education to the African American population.

**Federal Government Web Sites**

1. The Office of the Surgeon General has published several groundbreaking reports on the mental health of Americans, including *Mental Health: Culture, Race, and Ethnicity, A Supplement to Mental Health: A Report of the Surgeon General*. 2001.  
<http://www.surgeongeneral.gov/library/mentalhealth/cre/>
2. The Office of Minority Health (OMH; part of the U.S. Department of Health and Human Services) helps to ensure that Federal, State, and local health programs consider the needs of disadvantaged and racial and ethnic minority populations, including their specific cultural characteristics.  
<http://www.omhrc.gov>
  - The OMH Resource Center has a wealth of information about African American and other minority populations. Click on **OMH Resource Center**, then on **Database** to conduct customized searches for publications, organizations, programs, funding opportunities, and more. Alternatively, you can call the Resource Center at 1-800-444-6472 to speak with an information specialist.
  - Copies of *Strategies for Effective Health Outreach to African American Communities: Lessons Learned from the Healthy People 2000 Progress Review for Black Americans* are available by calling the OMH Resource Center at 1-800-444-6472.
  - Subscribe to OMH's free newsletter, *Closing the Gap*, by calling 1-800-444-6472. Or access it online at <http://www.omhrc.gov/OMH/WhatsNew/2pgwhatsnew/Closing.htm>. Browse through **Archived CTG Issues** for issues such as the one in September 1997 devoted to "Mental Health and Minorities."  
<http://www.omhrc.gov/ctg/full-mhm.htm>



- OMH maintains a list of the offices of minority health in each State, which you may want to contact for information on local African American communities and outreach efforts. (Go to <http://www.omhrc.gov>. Click on **About OMH** and find the link to **State offices of minority health**.)
- 3. U.S. Census Bureau, Minority Links, *Facts on the Black/African American Population*, Census 2000. <http://www.census.gov/pubinfo/www/afamhot1.html>
- 4. McKinnon J and Humes K (2000). *The Black Population in the United States: March 1999*. U.S. Census Bureau. Current Population Reports, Series P20-530. U.S. Government Printing Office, Washington, D.C.
- 5. Health Resources and Services Administration (HRSA) published a report in 2000 on *Eliminating Health Disparities in the United States*, which can be accessed at <http://www.hrsa.gov/omh/omh/disparities/>.
- 6. The National Center for Health Statistics of the Centers for Disease Control and Prevention offers information on “Minority Health” at <http://www.cdc.gov/nchs/fastats/minority.htm>.
  - To find “What’s New,” “Tabulated State Data,” and “Trends in Racial and Ethnic-Specific Rates for the Health Status Indicators,” go to <http://www.cdc.gov/nchs/Default.htm>
- 7. The Knowledge Exchange Network (KEN), a service of the Center for Mental Health Services, provides information about mental health. This site lists a number of organizations that provide information and services to different ethnic/racial groups. <http://www.mentalhealth.org/publications/allpubs/sma01-3509/page6.asp>

#### **Non-Federal Government Web Sites**

1. Center for Afroamerican and African Studies at the University of Michigan, James S. Jackson, Director. <http://www.umich.edu/~iinet/caas/>
2. Center for Research on Ethnicity, Culture and Health, University of Michigan. <http://www.sph.umich.edu/crech/links.html>
3. General health Web site for African American women that includes information on mental health, depression, post-traumatic stress, and suicide. <http://www.blackwomenshealth.com/depression.htm>
4. *Diversity Rx*, a Web site addressing racial/ethnic diversity in health care that includes models and practices, policy, legal issues, and networking and resources. <http://www.diversityrx.org/HTML/DIVRX.htm>
5. National Mental Health Association Web page with information on clinical depression and African Americans. <http://www.nmha.org/ccd/support/africanamericanfact.cfm>

6. A report by the Henry J. Kaiser Family Foundation, *Key Facts: Race, Ethnicity, and Medical Care*, can be found at <http://www.kff.org/content/1999/1523/KEY%20FACTS%20BOOK.pdf>.

### **Journal Articles**

1. Kessler RC, McGonagle KA, Zhao S, Nelson CB, Hughes M, Eshleman S, Wittchen HU, and Kendler KS (1994). "Lifetime and 12-Month Prevalence of DSM-III-R Psychiatric Disorders in the United States," *Archives of General Psychiatry*, 51: 8–19.
2. Neighbors HW (1997, Winter). "The (Mis)diagnosis of Mental Disorder in African Americans," *African American Research Perspectives*. Available online at <http://www.rcgd.isr.umich.edu/prba/perspectives/index.htm#win97>. Click on the title to bring up the PDF version of the article.
3. Neighbors HW, Jackson JS, Campbell L, Williams D (1989). "The Influence of Racial Factors on Psychiatric Diagnosis: A Review and Suggestions for Research," *Community Mental Health Journal*, 25(4): 301–311.
4. Snowden LR (2001). "Barriers to Effective Mental Health Services for African Americans," *Mental Health Services Research*, 3(4): 181–187. An online order form for this journal is available at <http://www.kluweronline.com/issn/1522-3434>.
5. Snowden LR, and Cheung F (1990). "Use of Inpatient Mental Health Services by Members of Ethnic Minority Groups," *American Psychologist*, 45: 347–355.
6. Williams DR (1995, Spring). "African American Mental Health: Persisting Questions and Paradoxical Findings," *African American Research Perspectives*. Available online at <http://www.rcgd.isr.umich.edu/prba/perspectives/index.htm>. Click on **Spring 1995** and scroll down to title. Click on the title to bring up the PDF version of the article.

### **Books**

1. Lawson WB (2000). "Issues in Pharmacotherapy for African Americans," in P Ruiz (ed), *Ethnicity and Psychopharmacology*. (Review of Psychiatry Series, Vol. 19, No. 4, JO Oldham and MB Riba, series eds.) Washington, DC: American Psychiatric Press.
2. Neighbors HW, Jackson JS (1996). *Mental Health in Black America*. Sage Publications. Book details information on African American mental health, based on the National Survey of Black Americans data set. An abstract and the table of contents can be found at <http://www.rcgd.isr.umich.edu/prba/publications.htm#mentalhealth>.

3. Poussaint A, Alexander A (2000). *Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis among African Americans*. Boston: Beacon Press. For a summary of the book, see <http://www.afsp.org/education/poussaint.htm>.
4. Robins LN, Regier DA, eds. (1991). *Psychiatric Disorders in America: The Epidemiologic Catchment Area Study*. New York: Free Press.
5. Snowden LR (1999). "Psychiatric Inpatient Care and Ethnic Minority Populations," in JM Herrera, WB Lawson, and JJ Sramek (eds.), *Cross Cultural Psychiatry*. Jossey-Bass. An abstract and the table of contents can be found at <http://www.josseybass.com/cda/product/0,,0471985872||2694,00.html>.

*Please note that the URLs found above were accurate as of March 2003. Because Web sites are constantly updated, the information or site location may change at any time. Also, note that this document provides URLs to other Internet sites for the convenience of World Wide Web users. NIMH is not responsible for the availability or content of these external sites, nor does NIMH endorse, warrant, or guarantee the products, services, or information described or offered at these other Internet sites.*